



Washington Navy Yard NDW Anacostia Annex

1-7 March

MWR This Week captures MWR programs and events in the Naval District Washington area. Use this information for personal interest, command POD notices, newsletters, etc. Enjoy your next visit to MWR.

Sports and Leisure Office

Captain's Cup Sports: NDW Anacostia Annex, Building 171
For more Sports information, or to sign up for an event,
call (202) 433-2269.

What is Captain's Cup Sports?

Captain's Cup Sports is a year-round sports competition that all active duty military and DoD civilian personnel attached to Naval District Washington are eligible to participate in. Teams accrue points for participation and achievement in different sports throughout the year. At the end of the calendar year, the Captain's Cup trophy is presented to the team with the highest number of points for that particular calendar year.

Upcoming Captain's Cup Events:

Soccer League

Men's & Coed Division
Entry Deadline: March 16
League begins: April 3



Shamrock 5K

Men's & Women's Division
Entry Deadline: March 1
Race Date: March 12



Information, Tickets & Tours

NDW Anacostia Annex, Building 171
(202)-433-2068
Monday-Friday 8:30 a.m. to 5 p.m.

Washington Navy Yard, Building 22,
(202) 433-6666
Monday-Friday, 9 a.m. to 1 p.m. and 2 to 5 p.m.

ITT offers discount tickets to
Area Movie Theaters, Colonial Williamsburg, Florida
Attractions, D.C. Sightseeing, Local Amusement Parks and
More!

All Ticket Sales are Final. No Refunds, or Exchanges

Medieval Times Dinner & Tournament Tickets
Tickets not valid on Saturdays

Spy Museum Tickets - Now available at ITT

On Sale Now at ITT- Entertainment® book for DC/VA or DC/MD
Get discounts on shopping, eating, entertainment and
everyday services and lots of 2 for 1 specials!
They make great gifts too!

ITT Office has discounted
Ski Lift and tubing tickets for Ski Liberty, Whitetail
Mountain Resort, Ski Roundtop and Windham resorts.
Avoid the lines and save money. Get your lift tickets and
ski equipment at Recreation Unlimited, Bldg 171-Anacostia
Annex

Red Hot Specials

Navy MWR Announces New Discounted Travel Program
Navy Morale, Welfare and Recreation has established a
partnership with the Government Armed Forces Travel
Cooperative to provide a wide range of discounted travel
opportunities to active-duty and Reserve personnel,
military retirees, and Department of Defense employees and

their family members. For more information go to
http://www.news.navy.mil/search/display.asp?story_id=7051

Armed Forces Vacation Club

The Armed Forces Vacation Club is offering DOD and Coast Guard personnel the opportunity to book a seven-night luxury vacation, on a space available basis, at a discounted price.

Simply log on to their web site (click on the AFVC Resorts). Click on Search and select the city, state or country where you want to travel. The Website is updated daily with information about specific resort amenities and availability on the dates you choose. Select a first and second choice resort and dates of travel.

Call the AFVC reservation center at 1-800-724-9988 and provide account number 7033-00000 and installation number 51. Settle on a resort and date, then provide your credit card number to reserve, it's that simple. A confirmation will be sent to you via mail within 24 hours.

Typical resorts are located in Europe, Latin America, and throughout the USA (Florida, North Carolina, Branson, etc.).

Recreation Unlimited

Anacostia Annex, Building 171
(202) 433-2068

Recreation Unlimited has all the sports, camping, skiing, snowboarding and party giving equipment you'll need, for weekend getaways, vacations and entertaining this season, available for rent. Stop by and pick up one of our price brochures

Navy Recreation Center Solomons

Plan Your Solomons Vacation for 2004. The New Solomons Guide is coming. Look for copies in all MWR Facilities.

2004 NRC Solomons Reservation Processing Dates

Active & Reserve Military

In Progress! Call, email or fax your reservation request in today!

<u>Date</u>	<u>Retired Military</u>	<u>Reservation Types</u>
Tues, Feb 17	Camping	email, fax, mail
Wed, Feb 18	Lodging	email, fax, mail
Thurs, Feb 19	Lodging	email, fax, mail
Fri, Feb 20	Lodging and Camping	Walk-in, phone in

<u>Date</u>	<u>DoD</u>	<u>Reservation Types</u>
Tues, Mar 15	Camping	email, fax, mail
Wed, Mar 16	Lodging	email, fax, mail
Thurs, Mar 17	Lodging and Camping	Walk-in, phone in

<u>Date</u>	<u>Waivers</u>	<u>Reservation Types</u>
Mon, Apr 5	Active Military	email, fax, mail
Tue, Apr 6	Retired Military	email, fax, mail
Wed, Apr 7	DoD employees	email, fax, mail
Thurs, Apr 8	All eligible patrons	Walk-in, phone in

NRC Solomons Golf School

Learn, Practice, Play

Beginners: May 14-16

Intermediate: April 23-25

Lodging Packages available

Call 410-326-5104 for details and reservations

The Child Development Programs

Child Development Center

The Navy Child Development Center located on the NDW Anacostia Annex is a NAEYC accredited program and provides quality childcare for children ages 6 weeks to 5 years of age. The facility is state of the art and may accommodate up to 300 children. The CDC has immediate openings for all age groups. Children of active duty, retired, and reserve military as well as children of DoD Civilians and NDW DoD Contractors are eligible. To enroll your child, call the Regional Child Care Resource and Referral Service office at (877) 269-9322 or (202) 433-3055.



School Age Care Program

Woodbridge and Bellevue residents can register their school age children for after school care. SAC began September 3 and is offered Monday - Friday. Children ages 6 - 12 will enjoy age appropriate, supervised activities, snacks, arts and crafts, computer time, and homework assistance, special events and a safe environment. Affordable prices based on total family income. Contact the Resource & Referral Office at (202) 433-3055 for more details.

Spring Break Camp

Camp takes place April 5-12. Contact the Resource & Referral Office at (202) 433-3055 for more details.

FITNESS UNLIMITED

NDW Anacostia Annex, Building 419

Washington Navy Yard, Building 22 and 73

For more information call (202) 433-6423/2962/2829

Membership is FREE!

10K-A-Day Command Challenge

Step Up to Better Health

10K-A-Day is a simple inspiring way to increase your physical activity everyday

New Program Dates

Pedometer/Packet Pick up:

Wednesday, February 25 at WNY Fitness Center

Thursday, February 26 at Anacostia Annex, or Nebraska Ave Fitness Centers

Walk Dates: March 1- March 28

Pedometer & Log Return Date: Wednesday, March 31

Contact Health & Fitness Director for more information at 202-433-6423

Weight Watchers® At Work Program

Washington Navy Yard

Starts in March

Contact (202) 433-6423 for more information

FOOD AND BEVERAGE

Furnari Dining Facility

Anacostia Annex, Building 418

For more information call (202) 433-2391.

Located on the NDW Anacostia Annex, the Furnari Dining Facility, bldg. 418, offers an outstanding selection of breakfast and lunch items. Breakfast selections include items cooked to order, fresh fruit, cinnamon rolls, muffins, cereal, and a selection of breakfast beverages. Lunch and dinner boasts a menu of grilled burgers, steak and cheese subs, made to order deli sandwiches, delicious hot entrees, a salad bar, and desserts. The tremendous riverfront view and highly skilled culinary staff are only a few reasons you should visit the Furnari Dining Facility. Furnari is open Monday - Friday from 6:00 to 9:30 a.m. for breakfast, 11a.m. to 1 p.m. for lunch, and 4 to 6 p.m. for dinner.



Catering and Conference Center

Washington Navy Yard, Building 101

For more information call (202) 433-3041.

The Catering and Conference Center offers the finest in catering service, multipurpose conference facilities, an attractive, affordable menu, and an experienced professional staff..

Good News

DJ's Lounge has re-located! DJ's Lounge, formerly in bldg. 101 has a temporary new home in the new Catering and Conference Center, bldg. 211. DJ's will re-open in its new temporary home on Tuesday, January 13. DJ's will be open weekly Tuesday - Friday beginning at 3:30 p.m. serving you with pleasure!

Food Service Survey—Give your "feedback"

NAVSUP is conducting an automated web-based Shore Food Service Customer Satisfaction Survey. Developed in cooperation with CNI, the customer survey is a voluntary, short and straightforward survey of food service choices available at base locations Navy-wide. It should take less than 10 minutes to complete. Respondents can access the survey at <http://www.surveytracker.com/survey/ashore>.

The password is "food." The Web survey will be available through March 15.

Military members and civilians eating at any of the available base food service facilities (Morale, Welfare and Recreation, and Navy Exchange restaurants and concessions, and General Messes) are encouraged to take the survey. The information provided by individuals will be statistically summarized with the responses of others, and will not be associated with any single individual

LIBERTY

LIBERTY offers a monthly calendar of events and activities for the E1-E6 single unaccompanied enlisted military personnel of the Naval District Washington area. Transportation to and from all barracks locations is included in the cost. For event dates, times, deadlines, or general information contact your Liberty Coordinator at (202) 433-2636.

LIBERTY Happenings this Week!!

Eligible military personnel can sign up for Liberty's great trips and activities at any barracks event.

Dinner & Movie Night

March 2

Enterprise Hall, Bldg. 72 from 5-9 p.m.

Enjoy the latest releases and
a light dinner, soda and snacks.

Dinner & a Movie Night

March 4

Blanchard Barracks, Bldg. 1302 from 5-9 p.m.

Enjoy the latest releases and
a light dinner, soda and snacks.

Blue Knob Ski Trip

LIBERTY hits the slopes for the last time in '04. Ski the slopes of Blue Knob Resort in PA. Price includes 8-hour lift ticket, ski/snowboard rental from MWR Recreation Unlimited and transportation. Departure Time: 8 a.m.

Dave & Busters Trip

D&B has something for everyone! Play Interactive games, simulators, pool tables, basketball, skee ball and more. Pay for your own food and LIBERTY will spring for a game card to get you started. Free transportation. Departure Time: 2 p.m.
Sign up by March 5.

Paintball Trip

Don't be afraid to get dirty—grab your camis as we head to Bowie for a day of ultimate paintball with Outdoor Adventures. Trip includes transportation, 100 paintballs, semi-automatic gun and gear rental. Departure Time: 10 a.m.
Sign up by March 19.

RECYCLING

Make your Resolution to Recycle

Enough energy is saved by recycling one aluminum can to run a TV set for three hours or to light one 100 watt bulb for 20 hours!

Reduce, Reuse, Recycle

Navy Regional Recycling has established a scrap metal collection program at the Anacostia Recycling Center. For disposal of scrap metal, please call the recycling center at 202-433-0792.